

**GYMNASTICS TEAM WORK OUT SCHEDULE
FALL 2009-2010**

* = 6 hour program

	MONDAY	TUESDAY	WEDNESDAY	OR	THURSDAY	7	FRIDAY	SATURDAY	SUNDAY	COST	
LEVEL 2 + blue or gold class			5:30-7:00 DESTIN				5:30-7:00 FT. WALTON			\$115	
						6					
PREP-OP Bronze		6:35-8:05 DESTIN						5:30-7:00 FT. WALTON			\$120
PREP-OP Silver			4:30-7:30* FT. WALTON			4:30-7:30 DESTIN		4:00-7:00* 7:00-7:30 DANCE DESTIN	8:00-11:00 even months Destin odd months FWB		\$215 six hrs \$250 12 hrs
PREP-OP Gold- Platinum			4:30-7:30* FT. WALTON			4:30-7:30 DESTIN		4:00-7:00* 7:00-7:30 DANCE DESTIN	8:00-11:00 even months Destin odd months FWB		\$215 six hrs \$250 12 hrs
OPTIONAL LV 7-10	5:15-8:45 DESTIN		5:15-8:45 DESTIN			5:15-8:45 DESTIN		4:00-7:30 7:30-8:00 DANCE DESTIN		9:00-1:30 DESTIN	\$315

